

An Attitude of Gratitude

How do we enter worship? What expectations do we bring with us? What are we anticipating? How do these things influence how we worship?

Psalm 100 suggests that we are to enter worship with an attitude of thanksgiving and praise. We are the sheep of God's pasture. We gather as a congregation. Our purpose is to worship God with gladness. We're to give God thanks and praise. We're to bless God's holy name.

As God's people, we don't gather on the sabbath merely as an audience. We don't show up just to be entertained. Our expectations shouldn't be about someone else or something else making us feel good. Worship isn't about us. It is about God.

Whether or not we have a good experience at anything we do in life- depends largely on our approach to it. Approaching worship with an attitude of gratitude can lead to transformational encounters. Because gratitude reminds us that God is our Creator, our Redeemer, and our Empowerer. God made us- and keeps us going. God is our past, our present, and our future.

That's a lot for which to be thankful! So, how we approach worship matters. Are we prepared to encounter God- or are we just showing up? Are we entering with an attitude of thanksgiving and praise? Are we empty and hoping to be filled? Are we calm? Agitated? Excited? Bored? Rigid? Flexible? Complacent? Smug? Patient? Long-suffering? Depressed? Hopeful? Unbalanced? Trusting? Shut-down?

Every time we enter worship, we should make time to check in with ourselves. What are we bringing with us? Are we prepared for God to challenge us? Love us? Show us mercy? Give us joy?

The fruits of God's Holy Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. Are we willing to invite God to inspire these things in us? Will we allow our lives to reflect God's constant goodness? Can we humble ourselves before God's influence?

With what attitude do we approach the Sabbath? Do we come to worship God? Do we stay to grow and learn? Are we inspired to go and serve? What are our expectations? Are they assets or deterrents to our growth as God's people?

Annual Meeting of the New York Conference- June 16-17, 2022

Gather at Niagara Falls Convention Center for "Better Together: One Body in Christ" Scripture:

1 Corinthians 12:14. St. Paul's UCC may send two delegates.

If you're interested, please contact Pastor Laurie.

On-Line Donations—Do you pay your bills on-line?

Consider adding your monthly church donation to that list.

Donations to the church can be set up as recurring transactions.

Checks are mailed from the bank to the church and clearly indicate the donor.

We are now Live Streaming to You Tube on 10 am on Sunday morning. www.youtube.com

in the box up on the top put in St. Paul's Attica or here is the direct link

<https://www.youtube.com/channel/UCi2hK62nkmeNAMJwMpchvJw>.

It will be also posted to Facebook after the broadcast.

Looking for volunteers to learn and do the sound on a Sunday am. This can be done right at your seat. There is a sample bulletin for you to follow. This the easiest way to help without much training.



Pray for our Shut-ins



Carol Shreder

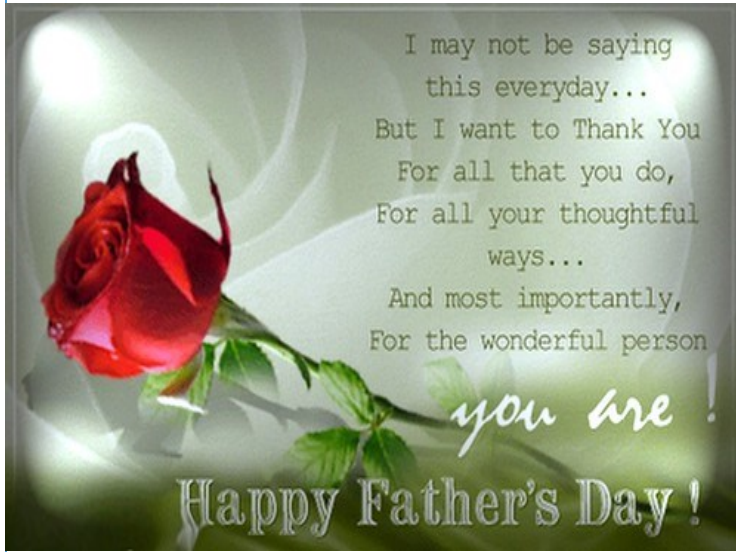
Larry Taylor

Bev West

Chuck Kellogg

...and others who are physically unable to join us.

Why not call or visit, to let them know they are missed?



The Sundays in June

June 4th—Confirmation Sunday

June 11th—Music Sunday

June 18th—Father's day/Newsletter deadline

June 25th—Graduation Sunday

Attica Food Link Distribution:



Attica Presbyterian Church
June 7
10am-12pm

—1st come 1st served , Bring your own bags
This will be for the next six month period.
Sponsored by Attica Food Pantry

Happy 160th Anniversary St. Paul's U.C.C.

Bible Studies

Dig Deeper with Friends



Bible Study groups will meet in our respective areas.
If you have additional questions or concerns,
contact the Convener:

Lisa Knerr- Mon. evening,
Charles- Wed. morning

Sunday Bible readings:

The first reading is *italicized*; the message text is **bold**.

June 4

Genesis 1.1-5,2.2-3

2 Corinthians 13.11-13

June 11

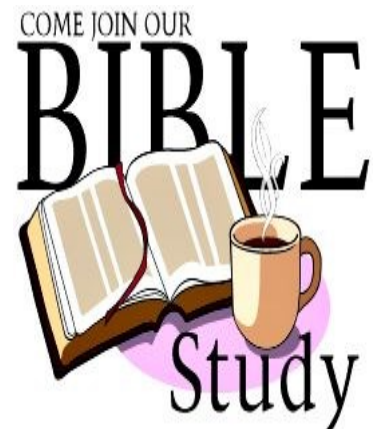
Music Sunday

June 18

Matthew 9.9-13,35-10.1

June 25

Matthew 10.5a,24-39



Strengthen the Church Offering

The Strengthen the Church Offering is our opportunity to sustain not just our growing, renewing and birthing churches, but also to ensure that the holy ground they create remains the sacred space in which the extravagant welcome of our beloved Jesus is embodied for all; that they may find a place where they are loved, spiritually fed, and celebrated as the child of God they are. Give generously using the envelope found in this Newsletter.

SAVE THE DATE:

June 11th
St. Paul's Church Picnic
following worship

BBQ Pork sandwiches,
Hotdogs, Hamburgs, rolls and drinks will be supplied
Bring a dish to share



GRADUATES

Graduation Sunday is June 25th.

If you have someone in your family graduating from High School or college,

Please email the following information (along with a picture if possible) no later than June 18th.

The information will be in the July/August newsletter.

Name of graduate:

School attended/degree received:

Honors/Awards/Scholarships received:

Name of college they will be attending and major/future plans:



SCHOOL ACHIEVEMENTS – 3RD QUARTER

MERIT ROLL

12th Grade –
Emily Lovell



HONOR ROLL

8th Grade -
Joshua Kipfer

10th Grade—
Emily Peters
Stephanie Silvernail

11th Grade—
Margaret Baker
Anna Hopfinger

12th Grade-
Alyssa Jacoby
Benjamin Kipfer
Lauren West



Josh Kipfer—modified Track
-1st place in 200 meter with a time of 29.9



1st place in the boys relay



Boys 4x200 Relay with a time of 2:06.
(Joshua Kipfer, Jack Cusmano, William Franz, and Elijah Crandall)
This was a 5 year record that was beat. Last posted by some of our Seniors when they were on the ModSquad!

Another great finish:
1st Place in Triple Jump- Joshua Kipfer

CHURCH COUNCIL

April 18, 2023

Meeting was called to by President Mary West @ 6:57pm. Members present David, Tom, Chris, Deb, Marie, Laurie, Lorraine, John, Mary, Pastor Laurie. Absent- Marilyn, Lisa
Pastor Laurie led us in prayer
Agenda was reviewed and accepted by Lorraine, seconded by David. All approved
March minutes were reviewed and accepted by John, seconded by Laurie. All approved.
Reports were reviewed.
Deacons- reviewed layreaders, ushers and greeters.
Deacons in charge of graduation Sunday- will provide gifts and cake. Communion and funeral guidelines were updated
Trustees- 2 bids have been received for parking lot paving, scheduling mulch day and seasonal cleanup. Will repair soffit in Sunday school wing.
Treasurer- reviewed and discussed
Christian Education- 6 children attending Dunkirk camp - all are registered. Easter egg hunt was done which children enjoyed. Heifer project has money to use- children are deciding on choice
Pastor- Pastor will be attending convocation meeting in May. Annual NY conference is in Niagara Falls June 16-17th. St. Paul's has 2 delegates places available. Pastor will be taking CE at the conference. Wedding scheduled for May.
All reports reviewed. Laurie asked for approval, second by Chris. All approved.
Business- David will be obtaining lawn signs for Sauerkraut supper and pancake breakfast. Council is planning picnic June 11th after church. Council will provide hotdogs, burgers and bbq pork, along with rolls. And drink. CE to provide games.
Sauerkraut Supper- will be contacting Daily News for advertisement. David is chair and will be getting committee help.
Pictorial- John states most pictures taken. Will continue taking through June
Binder organization was done. Counting schedule completed
Discussed getting seasonal silk flowers to use on altar if no fresh flowers available.
New deposit slips are in.
David discussed that St. Paul's will be celebrating 160 years this year. He will contact Batavia Daily News for article on the church.
Meeting adjourned @ 8:04 pm with the Lord's Prayer
Respectfully submitted—Marie Lowe

DEACONS

If anyone serves me, he must follow me, and where I am, there will my servant be also. If anyone serves me, the Father will honor him.
John 12:26

April 18, 2023

Members Present: Laurie Bellucci, Mary West, John Brandon, Lorraine Wolf and Pastor Laurie.
Members Absent: Lisa Neary and Marilyn Wilson.
Meeting called to order at 6:31 p.m.
Pastor Laurie led us in prayer.
Agenda reviewed and motion made to accept by John Brandon and seconded by Lorraine Wolf. Motion carried.
March minutes reviewed and motion made to accept by John Brandon and seconded by Mary West. Motion carried.
OLD BUSINESS
Pastor Laurie will now be available for service on June 18th. Bulletin intended for use that date will be used for December 31st.
NEW BUSINESS
Lay readers, Ushers and Greeters schedule reviewed. Discussion held regarding getting people to sign up.
Graduation Sunday set for June 25th. Laurie will look into gifts and Lorraine will look into cake.
Discussion held regarding using silk flowers in place of real flowers when no other flowers available.
An updated Funeral guide and Communion set up person list was handed out.
Meeting adjourned at 6:53 p.m. with Lord's Prayer.
Next meeting: May 16th at 6:30 p.m.
Respectfully submitted,
Lorraine Wolf, Deacon's Secretary

TRUSTEE MEETING - April 18, 2023

Meeting was called to order at 6:30 pm.
Present Members; David, Tom, Debbie, Marie and Chris.
David talked to Bove and to Wall's about parking lot. Hopefully we can patch the driveway.
Discussed mulch and seasonal clean up.
Still looking for parts for the back door.
Mowing schedule will be available soon.
The birds nest discussed and will not be moved until after nesting for spring.
Streamers need to be changed for May 1st. They need to be red.
Meeting adjourned at 6:50.
Next meeting: May 16, 2023
Respectfully Submitted,
Debbie Best



June Parish Nurse Notes

TIPS TO HELP CALM THOSE HISTAMINE RESPONSES

How could anyone dread Spring? Spring is the season for renewal and reawakening. It's a glorious time, where the world wakes up around you and everything begins to bloom. But that means the release of massive amounts of pollen, and for many of us, that means watery eyes, itchiness, runny noses, and even daily headaches. That's because your body reacts to these environmental irritants by releasing histamine, which causes inflammation in your mucosal membranes (nose and eyes) and throughout your entire body.

Wash your hands like it's going out of style. Every single time you touch a doorknob, your car door, your shoes, or a hand railing in the springtime, you can be sure you just loaded up your hands with pollen.

Keep your sinuses flushed out. Also rinse out your nasal cavity so you are truly pollen and particulate-free before crawling into bed.

Increase immunity by eating local honey. Consuming local honey is the holistic equivalent of getting allergy shots -micro exposure to local pollen-producing flowering plants without going to the doctor, without the expense, and without sticking a needle in your arm.

Decrease high-histamine foods. Histamine is found in many foods, and consuming these foods can cause everything from hives to anxiety to insomnia to digestive issues.

Address the underlying energy of allergies. Allergies are your body's way of being hypervigilant and alert. Your body feels like its doing its best for you by reacting to foreign stimuli and trying to get rid of them through sneezing, mucous and watery eyes. The problem is that your body is reacting to something that isn't a danger. It is overreacting, being triggered by something that is natural, not a threat to your well-being, and not worth reacting to.

Consider your seasonal allergies a blessing. It's true, seasonal allergies might be a nuisance, but that might not be bad for your health overall. In fact, some medical studies suggest that folks with allergic rhinitis are more likely to outlive the rest of us.

People with allergic rhinitis had a:

-25 percent decreased rate of heart attack.

-19 percent decreased rate of stroke.

-49 percent decreased overall mortality risk.

If you can view your seasonal allergies as a positive adaptation, you'll struggle against them less. And if you struggle against them less, they will have less of a negative impact on your daily life.

-Taken from Health & Wellness with Dr. Laura Koniver, MD - Mary Jane's farm magazine

Please call or e-mail the church office when ...
... either your home phone, address, or e-mail address changes, so that church records can be corrected.
... you are planning to move or return to college, university, trade school, etc.
... a new baby arrives, a death occurs, or a special event occurs.
... a new family moves into your neighborhood.
... you feel the congregation can assist you in some way.
... you would like to visit with the pastor.



JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Chancel choir 7:15p <i>Jen Eddy</i>	2	3
4 Worship - Confirmation & Communion 10 am	5 Bible Study 7 pm <i>Emilia Perry</i>	6	7 Bible Study 10am Food Link 10 am <i>Alyssa Jacoby</i>	8 Bell choir 6 pm Chancel choir 7:15p <i>Joanne & Steve</i>	9	10
11 Worship & Music Sunday 10 am Church Picnic <i>Larry Taylor</i>	12 Bible Study 7 pm	13	14 Bible Study 10 am	15 Chancel choir 7:15p	16 NY Conference Annual Mtg - Niagara Falls	17 <i>Danielle Paganello</i>
18 Worship 10 am Father's Day Newsletter Deadline <i>Jen & Chris</i>	19 Bible Study 7 pm	20 Deacons/Trustees 6:30 p/Council 7 p	21 Bible Study 10am	22 Chancel choir 7:15 p	23	24
25 Worship & Graduation Sunday 10 am	26 Bible Study 7 pm <i>Lisa & Roy</i>	27	28 Bible Study 10 am <i>Bev West</i>	29	30 <i>John & Chris</i> <i>Megan & Shann</i>	

St. Paul's United Church of Christ
11 Washington Street
Attica, NY 14011

SP The Spirit

of St. Paul's United Church of Christ, Village

June 2023

St. Paul's UCC, 11 Washington Street

Just around the corner, first block down from Main Street.

Join us for Sunday Worship at 10:00 am

Sunday School for children K-7th Grade - Nursery always open!

"No matter who you are or where you are on life's journey, you are welcome at St. Paul's."

Reverend Lauran Heidenreich

Call the church at (585-591-2705), stpaulunited@verizon.net or pastorucc@verizon.net

Website: atticaucc.org

July/Aug Newsletter Deadline
June 18th

Please make sure all newsletter submissions are in by this date. In the pink folder on the office window or e-mailed to:
stpaulunited@verizon.net